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A CONVERSATION WITH MICHAEL STILLWATER

Singer/songwriter Michael Stillwater isn't from Portland, but his spontaneous songs are getting heavy airplay in local delivery rooms. Baby delivery rooms, that is. He sings to help people through life transitions, whether they be birthing, mourning or healing. And if you're interested, he can sing your inner song. While he's in town he'll be performing a concert, offering individual sessions and giving a workshop called "Creating Your Perfect Birth."

How do you know it's the right song?

The confirmation is in the response. They'll say, 'How did you know about me?' or 'That touched me very deeply.'

How did you discover that you could do this?

My background is music and writing - composing, singing, folk singing, rock 'n' roll, all that. And there came a point when I recognized that there seemed to be a discrepancy between my musical life and my spiritual life.

I wanted them to be together and I didn't know how that could happen. It was soon after that, I picked up some poetry written by a girlfriend, and without taking time to rehearse it, but just live and spontaneous, I sang the words of the poems to her. I liked the feeling of that. Then I was someone who didn't write poetry, I said, 'Well, that shouldn't stop us, there must be poetry in there.' So then I began singing the spontaneous poetry.

What songs do you sing for pregnant women?

Often the theme is around surrender, around relaxing and letting go. There's so much fear and apprehension around something that's so much bigger than us.

Interview by Zoe Miller; photo by Colin Malakie

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Don't cry for Mercy — speak up

Maine's hospitals may be rolling over, but that doesn't mean you have to play dead.

The Portland West board chairwoman, Liz Bryant, has become a lone voice in the Portland City Council's efforts to save Mercy Medical Center in Portland. With the hospital's financial troubles well documented, Bryant is calling for action. "We have to do something," she said. "We can't just sit back and watch Mercy's fate." Bryant has been vocal in her efforts to save Mercy, even going so far as to suggest a public buyout of the hospital. "We need to take control of Mercy's future," she said. "We can't let it slip away."
All mixed up

Who said this? "The bottom line is that we should not be blinded into a sense in which we expect a government to arrive on its own and allow governments to grow unquestioned in the other end of town."

The answer is Andrew King in his book, "Making a New Republic." Since the 1940s publication of that notable work, the independent government seems to have had a different name and a new calling. King is now calling for an end to the cap on state payroll growth that was approved by the last Legislature in order to fund a new school bond that has since been lifted.

How about this quote, "The answer as well as the case"? That was to say that the country has been a living for war, that the other will always be a good cause ordering major government spending, and that this answer always goes, "We must continue the "reasonable" 50 percent increase in the state tax in the case of Vietnam."

First, a look at the tax break. From an initial tax of $1,000, a $300,000 increase in state payroll growth in the years of success and at a cap of 653,000 jobs.

Second, a look at the cap. From an initial cap of $1,000, a $300,000 increase in state payroll growth in the year of success.

Third, a look at the cap.

It turns out we were being absolutely tricked. Although the previous analysis on the big win in the bond for hospitals (which was the same as the bond for a hospital), the tax will cut everyone who will be at the same or higher under the King budget.

"But you say he's not going to cut us, in which you could say he's not going to cut us if I say anything, Mayor Chang is a high tax state — and this is the second major obstacle to getting our economy moving."

"I'm not going to cut you, but I'm going to take my taxes away from you."

Those who remain skeptical that failed to get our story on the front page.

The story is the success of the group's efforts to get the message that had been established in 1997, "An excellent way to get your message out on this major issue."

Although the Governor's claim in his budget turned out to be absolutely truthful, King is now calling for order to avoid unseemly repeal of a cap on state intramural work.

"He's a lawyer, but he's not the independent governor."

"That's King again from his book. And it happens that the Legislature has been a living for war, that the other will always be a good cause ordering major government spending, and that this answer always goes, "We must continue the "reasonable" 50 percent increase in the state tax in the case of Vietnam.""

Finally, a kick-butt, sweat pouring, bag slamming, aggression releasing, power punching workout for the "bored with the spa scene" raging kickboxer deep inside us all!

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Casco Bay Weekly

Editor: David Condover Deputy Editor: Patti Wellington Features Editor: Tricia Chong-Lee Staff Writers: David Brez, John Marquis, Ted Ferreira, Steve Miller Copy Editor: Pamela Andrus, Sara Reynolds, Judy O'Brien Decimalizador: Patti Wellington Administration: Pam Cornog, Sean Cullen Editorial Director: Dave Fournier

What are we on when you call us? Karen Fournier's 40,000 copies of CBW are distributed throughout Greater Portland, Maine. Our circulation manager, Karen Fournier, can be reached at 773-4238. For more information about CBW, visit our Web page at www.CascoBayWeekly.com

CBW6-265

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In Portland, the sanctions were a little different. By 1982, the city's most populous city already had at least four adult books and two X-rated movie theaters, and there were frequent rumors that others were planning to open up storefronts and make it a mecca of obscenity.

In that year, the city council passed a new law to combat the problem. The law's first court test, and creating a legal standard for obscenity in the federal courts, was the Supreme Court decision of Miller v. California. The decision stated that a work is obscene if it "appeals to the prurient interest in sex," and that "the use of patently offensive surgery terms, and three Mauser Supreme Court justices were of the opinion that the Supreme Court judgment in the Pennsylvania case was correctly applied. The facts were different, but the law was identical, and the Pennsylvania laws were upheld in all of the cases.

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“I feel like I’m important here and so are my questions and concerns.”

What are you going to do with that little thing?

CONTINUED FROM PREVIOUS PAGE

It’s not obscene, but we don’t care
Portland’s decency ordinance hasn’t really been enforced. It’s also, in a sort of one-time, been misused to harass a person distributing material even the city’s top lawyer admitted was obscene.

Richard MacPherson, a gay activist and CFRP member, said a national advocacy group called “Fed-Up Queers in Maine” or “F-U-Q” ME. Several times in 1996, MacPherson put up posters around the Old Port and downtown warning gays and lesbians to become more open and active. One poster contained a quote from controversial gay leader Harvey Milk, “If a bullet should enter my heart, it’s your responsibility to shoot the shooter.” Another showed a photo of Portland Police Chief John Wolf under the headline “Hey Nels, do we have a shot at the official enthusiasm.”

While MacPherson has passed and posted hundreds of these fly-by-Nets, Portland police have never made a decision.

“There’s a technology that’s going a whole lot faster than government ever could. I think it’s going to stay ahead of them. People have always been able to stay ahead of government.”

Nancy Cowell, a librarian and a leader of the successful effort to repeal South Portland’s porn ordinance, said, “Firing up people, always strip joints and porn movie houses, are according to the Chile, ‘undesirable.’

‘The advent of the video business in the 1980s created a tremendous surge in the production of pornography,” added attorney James Burke, who has frequently represented adult book stores. “Firing people are a little more controversial than some other businesses. We’ve seen a measurable shift from paper to video to electronics.”

DePaolo of the Treasure Chest. “That’s what adult book stores, Video tapes are still going good. Video tapes are still going good. Video tapes are still going good. Video tapes are still going good. Video tapes are still going good. Video tapes are still going good.

The day may not be far away when the ‘net is to dirty talk and still photos. Now they can access live interactive sex shows, virtualsex parties and other obscene materials of all descriptions. Adult book stores, sleazy strip joints and porn stores, will all be doomed. The industry is government...
**INTERESTING FACTS**

by Frank Gaviriano

The best casino in the world is the Monte Carlo in Monaco. The largest hotel in the world is the Disneyland hotel in California. And the tallest hotel in the world is the Westin in Detroit.

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2 Entries for each Dessert
1 Entry for each Entree
1 Entry for each Salad

May 20, 1927; Amelia Earhart and a leader of the successful effort to cross the Atlantic.

The main reason to call 911 is to report a medical emergency. The main reason to call 911 is to report a medical emergency. The main reason to call 911 is to report a medical emergency.

The Westin in Detroit. And which stands here's another interesting fact...

The Maine Civil Liberties Union (MCLU) is "seriously considering" filing a lawsuit against Portland.

Laura Conaway, CBW's reporter, AI Diamon, CBW's political columnist, is filing legal briefs.

The 1997 WINTER HOURS - Sunday 6AM - 3:30PM, Monday - Saturday 5AM - 7:30PM :

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An unsentimental education

I've tried as best I can, this summer, to review and record my earliest memories. Those were formative times of intense pleasure and occasional anxiety, with the occasional moment of recordable trauma. I hope my memory is accurate, in that I can't recall the year or month or day. I can certainly remember the year I was born, which was 1927. I was born in Boston, Massachusetts, in a hospital that no longer exists. I was born on a summer day, and it was hot and humid. I was born to parents who had been married for five years, and I was their first child. My mother was 26 years old, and my father was 30 years old. My parents were Jewish and had emigrated from Russia and Poland, respectively.


Service, not politics

In a letter to the editor expressing the city council's, "(Lower Grades), (12.3.96). Don Faustine, chairman of the body, wrote that "you don't see more work on sound ideas and judgment," specifically with regard to Councilor Charlie Harlow. Unfortunately, he then goes on to raise and try implication among some basic questions.

He asks if there is something wrong with Democrats wanting more Democrats on the city council. He thinks not. At a time (Democratic), I think there is. The Portland City Council is a council of elected officials which includes a mayor and nine councilors, one from each major and extreme district. Councilors do not campaign on party platforms or even support those issues. Do we really think Portland would be better served by having a more partisan council? We need only look to Augusta or Washington to say folly of that before.

He also asks if it is wrong for a councilor "to try to bring home the bacon to his district," implying that this is an attitude to be celebrated, not denounced. Again, I disagree. I served at a different time and I believe it was my job to bring home the bacon. I was in my position as a city councilor.

I am in agreement to see councilors, having their concerns and needs and trying to address them so that the city's resources could be used. I never had a commitment to my fellow citizens, to Portland. Now, may I say that I believe they are running Charlie Harlow. If a need was present in the community, I would support it, since I was concerned about the overall health of Portland. It was my one area which elected me.

Finally, I am concerned with the notion, which I believe I mentioned last year, that Portland would be a better place if the council were more partisan and if it were led by a popularly elected politician who made promises in order to get elected. In my view, what we don't need is more politicians building a political career and power for themselves, but rather, people truly committed to solving the tough issues which public service presents. In the most challenging times Portland has been well served by its non-partisan, crossover-jury form of government and I hope it continues, without the changes which Don Faustine apparently favors.

Anne B. Ponger
Former Mayor and City Councilor
Portland
Grooming tips

You're faced with the right woman, you've decided you want to have a problem with the big C (consumption, not cancer), you've proposed the question, she said yes, and now you're preparing to be a man in good taste. Congratulations, dude.

The thing is, though, with your upcoming wedding only months away, your wedding plans—from gowns to brooches to 220+0 considering chairs to chardonnay—are in serious overload. Which means you're probably missing out on all over you can get away with without having a 41.2-carat, 72-carat diamond and 72-carat diamond. Whether it's on the day of your own wedding or a close friend's, you might be asking yourself what to expect. And what's it all about?

Your wedding plans—from gowns to folding chairs to chardonnay—are in serious overload.

If you're headed to the 7th annual Maine Bridal Show at the Civic Center (Saturday, 11 a.m.-5 p.m.), you'll be happy to know that the experience won't be limited to the final sale of the week, and instead you'll be able to browse the selection of chairs to chardonnay and more. So what's in store?

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Prime cut

The Troubadours, Mass., quartet ZEN LUNATIC claims that club owners frequently offer the band a place to crash. We guess that may be nice, but still, it's a hope they've rented a hotel more when they bring their dynamic alternative sounds to Portland. At Stone Coast Brewing Company, 14 York St, Portland, at 9:30 pm. Tix: $1. 773-2337 .
thursday 9 — Hunter is one of the best-known creators of dealing with "accidental" topics. A stand-up comic... to the philosophy. His new book, "A Funny Thing Happened on the Way to the Stage," contains anecdotes from today's understudy guy comedians. Karvoski brings his verbal... the Advocate, Suite 600. The Feb. 13."

saturday 11 — The broad strokes and bright lines... about Portland painter Elmer Frongoli's "Flowers and Memory Series" were reviewed in the... 4343.

monday 13 — You want the Core brothers' murder story to be the first two... with the Coen brothers' murder story on its first run, there could hardly be a better time to catch "Fargo" than now. The frigid winds and desolate atmosphere of January in Maine are the perfect backdrop for the story of bungled conspiracy and cold-blooded murder, set amid the frigid winds and... is half price. Thu: $4. 40. 3-8 p.m. Tix: $4.50. 772-0021.

winds of Portland painter Elinor Pironti's "Muse and... Portland, at 5 p.m. Shows Jan. 9-26. Tix: $12. (Thursday is... 25. 7/7-5103.

8 Do you have a song in your "song... even getting back to your roots doesn't necessarily help you find your identity. Acorn Production's new play "Buried Child," a newly... and performances by 'The Advocate, Suite 600. The Feb. 13."

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calendar

Bill Morrissey

friday 10

Who would have guessed that one small... write jingles for recording artists like... as a way to make a living. Morrissey recently felt... in his song of ordinary people and life are... on her exhibition, the gallery's... Jan. 11.

391 Main St., in Portland. Jan. 11.

LACASSIE: FAYE DB.

WINTER SESSION

• Sculpting the Torso

• Terra-cotta Sculpting

• Beading with Regina Fobes • Feb 11 • 6-9

• All levels kids & adults

WINTER SESSION

• Sculpting the Torso

• Terra-cotta Sculpting

• Beading with Regina Fobes • Feb 11 • 6-9

• All levels kids & adults

Memorial Baptist Choir. You can enjoy the choir's full-bodied gospel at a noonday concert... and his poems, some of which were recently published in a volume titled "City Skunks." Join Dana and friends for the... 5-8 p.m. Donations accepted. 761-4380.

"Fargo" than now. The frigid winds and desolate atmosphere of January in Maine are the perfect backdrop for the story of bungled conspiracy and cold-blooded murder, set amid the frigid winds and... is half price. Thu: $4.50. 3-8 p.m. Tix: $4.50. 772-0021.

tuesday 14 — It's not too late to get a... to enjoy. At Stone Coast Brewing... and wholeness to a fragmented and impoverished urban America. At Oak Street Theatre, 95 Oak St.

thursday 16 — On the heels of a song in your "song... even getting back to your roots doesn't necessarily help you find your identity. Acorn Production's new play "Buried Child," a newly... and performances by 'The Advocate, Suite 600. The Feb. 13."

sunday 12 — Modern culture makes us all feel a... in front of the tube. Why not seize the off-season to learn how to become one with your bicycle? L.L.

across the tube. Why not seize the off-season to learn how to become one with your bicycle? L.L. Bean, Freeport, from 9:30 a.m.-3:30 p.m. Cost: $45. 1-800-341-

Sawyer Street

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Bill Morrissey

friday 10

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Sawyer Street

Clay Classes

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A NEW YEAR'S MESSAGE FROM THE BENNETT FAMILY

"As we celebrate our 75th year at Oakhurst Dairy, we thank all of you who have made it a success."

First, we'd like to thank you for the hard-working dairy farmers for their quality products. We supply Oakhurst Dairy, a well-known dairy company in Maine and New Hampshire that markets our products.

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--Robert Bennett

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AND THE HARD-WORKING DAILY FAMILY TEAM. THEY'VE HELPED US ONCE AGAIN TO PERFORM 100% FOR OUR PORTLAND PLANT FROM U.S. GOVERNMENT INSPECTORS.

We also want to thank our members for their hard work and dedication. They are the backbone of our company and we couldn't do it without them.

Finally, thank you to all our loyal customers—our success depends on all of you. We invite you to join us in these Oakhurst 150th anniversaries and events to come.

In 1996, we celebrated our 150th anniversary. We're excited to celebrate our 175th anniversary in 2022. We pledge to continue our hard work and dedication to our customers and community.

--Robert Bennett

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LAZY LAZAR, book, music, and lyrics by Stephen Schwartz; directed and choreographed by Dark Water. Dark Water has struggled in comparison to former Dark Water venues. This new venue is small and crowded, but it works. The music selections have been problematic and, not surprisingly, the company has had difficulties developing an audience base.

Dark Water has sometimes struggled with their stage settings and props. They've helped us once again to perform 100% for our Portland plant from U.S. Government inspectors.

Dark Water has struggled in comparison to former Dark Water venues. This new venue is small and crowded, but it works. The music selections have been problematic and, not surprisingly, the company has had difficulties developing an audience base. Many of their problems, though, seem to have been solved, at least for the moment, with "Durang Durang." The Dark Water space might be small and crowded, but it works as a performance venue, especially in comparison to former Dark Water venues like the Five River Tavern and the Sonoma's Club. Ultimately, "Durang Durang" is a highly entertaining and intelligent production, and the company seems to be coming out skillfully executed theater that moves audiences.

They've helped us once again to perform 100% for our Portland plant from U.S. Government inspectors.
DINING

GILBERT'S
Maime FrieF Shrimp
The All-American Microbrew Showcase
Featuring the finest American Homebrew Winner - California Common Style - As well as Breckenridge Brewing Co., Breckenridge, Colorado. CRAFTS
ALL YOU CAN EAT Fish Fry - located in the heart of Portland's working Custom home, located in the heart of Portland's working waterfront. Menu: Chicken, Black Bean Soup, BBQ Sandwiches, Catfish and
other assorted dishes. Vegetarian specials. Drink to your health at our
unlimited and well-ordered. A perfect blend of casual dining and
atmosphere awaits you at Giovanni's. Serving traditional pub
alternatives. Hearty stews, homemade bread, and wine available. Take-out available. All Major

BRIAN's
Fresh Seafood Every Day
Philly Steak & Chile Cheese Casserole
 boring, served stove-top. Just a five-minute walk from the Civic Center. Featuring the best M_Double and
beer and other good stuff. 242 St. John St., Portland. 773-8590.
FEDERAL SPICE. Home cooked Caribbean/Southwestern cuisine. Just minutes from downtown Portland. A memorable meal can be had at Federal Spice. Open for dinner Mon-Sat 5-10pm, Sun: 4-7pm. MC/Visa accepted. 5308. Congress St., Portland. 774-6404.
IGUANA BAY MEXICAN RESTAURANT. Exciting Tex-Mex, Chicken, Black Bean Soup, BBQ Sandwiches, Catfish and
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bread, and wine available. Take-out available. All Major

The GREAT LOST BEAR
The All-American Microbrew Showcase
Featuring the finest homebrew winner - California Common Style - As well as Breckenridge Brewing Co., Breckenridge, Colorado. CRAFTS
ALL YOU CAN EAT Fish Fry - located in the heart of Portland's working waterfront. Menu: Chicken, Black Bean Soup, BBQ Sandwiches, Catfish and
other assorted dishes. Vegetarian specials. Drink to your health at our
unlimited and well-ordered. A perfect blend of casual dining
and atmosphere awaits you at Giovanni's. Serving traditional pub
alternatives. Hearty stews, homemade bread, and wine available. Take-out available. All Major

ORIENTAL TABLE. Serving reasonably priced lunch specials & dinner with a variety of appetizer & entree selections including seafood & vegetarian dishes. Entrees range from $7.95 to $20. Lady & the Duck, 1026 Congress St., Portland. 774-6444.

POMME'S CAFE. Freshly baked breads and pastries - fresh from our wood-fired oven. Open 7 days a week. 151 Jordan St., Portland. 774-9006.


POMME'S CAFE. Freshly baked breads and pastries - fresh from our wood-fired oven. Open 7 days a week. 151 Jordan St., Portland. 774-9006.

POLISH PORT. Great Polish food in a friendly, casual atmosphere. Polish beer and wine. 43 Exchange St. 60 Market St. Portland. 773-7146.

BELLAVIA. Now open for lunch Tues-fri 11:30am-2pm. Featuring seafood, barbecue & Greek. Cracklin' wood-fired charcoal fire, while the curries are prepared with freshly skinned, seasoned, and sliced vegetables.

SHUYA RESTAURANT. Casual dining. Open from 11am-10pm daily. Specialties include won ton soup, chicken katsu, and udon soup made in house.

PORTLANO WINE CHEESE. Delicious homemade soups and sandwiches, soups, salads, plates, and sandwiches, including seafood and gluten-free options. 555 Congress St. Portland. 874-0680.

BRENNIVIN. A traditional Scandinavian spirit distilled from grain or potatoes. Oak barrel aged. Cacao bean nut oil. Vibrant amber color. 43 Exchange St. 60 Market St. Portland. 773-7146.

THE LARK. A contemporary American restaurant. Located in the heart of Portland's working waterfront. Menu: Seafood, steak, pasta, and vegetarian options. Afternoon tea from your choice of a wide variety of teas, delectable scones, and indulgent desserts. Brunch daily from 9am-3pm. MC/Visa accepted. 772-7299, 772-3913, 772-8186备份内容。
There's a scene in "Stranger with a Swagger" where the main character, trying to impress a girl, rents a fancy car for a night on the town.

"Was that your car?" she asks.

"It's the best," he says.

The girl seems surprised, but he continues, "I wanted to show you that I'm serious about you.

"I like the way you think," she says.

And in that moment, the character realizes that he's not just driving a car, but driving his own life, toward a future filled with possibilities.
French Impressions: Bolero, Debussy's La Mer, and Prelude to the Afternoon of a Faun
Tuesday January 14, 1997 - 7:30 PM
Cutterham Cove Civic Center
LAJE La mer d'E
DEBUTY Prelude à l'après-midi d'un faune
RAMEAU Les fêtes d'Hèbe: Événements
LILLY Le triomphe de l'amour: Suite
NAVÉ: Bolero
DEBUTY: La mer

PORTLAND SYMPHONY ORCHESTRA

Lafayette Center
December 1996 issue
207-953-3874
Mon. Sat. 9:30 am-1:00 pm

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8 person $46,900 $29,300

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Dennis Leary's new film "The Guardian" takes the showman's charming talents to the small screen, where he stars as the lead in the popular "The faction" television show. Leary's character, a forensic psychologist, solves crimes by using his非凡e skills in psychology.

"The Guardian" is a departure from Leary's previous work, which has mainly focused on comedy. The film's darker tone and more serious subject matter may be a welcome change for the actor, who is known for his versatile acting range.

Leary's character in "The Guardian" is a complex one, balancing his work with his personal life. Leary's performance in the film has been praised for its depth and emotional nuance.

"The Guardian" is a film that will appeal to fans of Leary's work in both comedy and drama. The film's well-written script, strong performances, and engaging story make it a must-see for Leary's fans and for anyone interested in a good thriller.

now playing

SCOFIELD, Illinois

Gone in 60 Seconds

Directed by Andrew Davis
Starring Nicolas Cage, Angelina Jolie, and Matt Dillon

The film follows a skilled car thief who is given 48 hours to steal 19 expensive vehicles from high-end dealerships and return them to their owners. The thief must also evade the police and the crew of forest rangers who are tracking him.

SLEEPERS

Directed by Kevin Smith
Starring Brad Pitt, Jason Patric, and Matt Damon

The film is set in the 1950s and follows four teenage boys who are sent to a reform school for stealing a car. They are forced to confront their pasts and the traumatic events that shaped them.

THE LONG KISS GOODNIGHT

Directed by Gary Fadiman
Starring Geena Davis

The film is a thriller about a woman who wakes up in a hospital after a plane crash and realizes that she has forgotten the last ten years of her life. She must uncover the truth about her past and her present.

STAND BY ME

Directed by Rob Reiner
Starring River Phoenix, Corey Haim, and Jerry O'Connell

The film is a coming-of-age story about three friends who disappear after a day of playing in the forest. The search for them leads to the discovery of a hidden world.

THE EYES OF MY MOTHER

Directed by Charles Band
Starring Cameron Bright, Finn Wolfhard, and Thomas Middleditch

The film is a horror story about a group of friends who visit an abandoned house and discover a sinister force that is haunting them.

times

SCHEDULE EFFECTIVE FRI., FEB. 1
OPENING ON SATURDAY, FEB. 2...

THE CRUCIBLE
THE EYES OF MY MOTHER
THE GUARDIAN
THE CRUCIBLE
THE EYES OF MY MOTHER
THE GUARDIAN
THE CRUCIBLE
THE EYES OF MY MOTHER
THE GUARDIAN

11:30 A.M. & 1:30 P.M., FRI.; 12:30 P.M., FRI.

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